

# Change

## can be good - It can also be stressful

It's inevitable that we go through changes in life, and even the small things can throw us off course. When it comes to major changes such as getting a new job, moving, losing a loved one, getting married or having a baby, the ripple effect can be felt in all aspects of your life. Whether positive or negative, change can be difficult to adjust to.

As a result, you might feel varying levels of anxiety, stress, confusion and possibly self-doubt. The adjustment period can be uncomfortable, but you can do things to make change easier on yourself

### 1. Expect disruption

In the vortex of change, many people expect to go on without missing a beat, as if the change were a minor inconvenience. But this attitude isn't realistic. If you're starting a new job, for instance, and are used to performing at 95 percent, don't expect to be up to speed immediately.

### 2. Focus on the known

In the midst of change, people tend to over-focus on the unknown because that's what is causing anxiety. To avoid needless worry and self-doubt, focus on what you know and can control.

### 3. Anticipate change

Change is inevitable, so it's helpful to plan for it. If you have children in high school, for instance, you know they will soon leave home. Establish several game plans for coping with empty-nest syndrome and making good use of your free time.

### 4. Pinpoint patterns

How do you move through change? What kinds of feelings and reactions do you typically experience? This awareness can be helpful in developing your own personal tool kit of coping strategies.

### 5. Look for meaning

Even the most difficult and traumatic changes can come with valuable lessons. If you can find something positive that came from the experience, it will become part of your personal growth, rather than simply something that happened to you.

If a life change has you feeling "off," seek help from your **Employee Assistance Program (EAP)**. This benefit is free to you and your family members, and offers counseling, legal and financial consultations, crisis support, coaching, adult and child care resources, personal and professional training, digital behavioral health tools and so much more. We're here for you 24/7, because life happens.

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